

WINDMILL WHISPERINGS

July-August 2011



EASTHAM SENIOR CENTER

Box 1203, 1405 Nauset Road, North Eastham, MA 02651

www.eastham-ma.gov

The Gathering Place 508.255.6734

Director: Kathy Gill

Email: LCADC@comcast.net

Eastham Senior Center 508.255.6164

Director: Sandra Szedlak

Email: EasthamCOADirector@comcast.net

SAVE THE DATES!!

SINGING, DANCING, AND LOBSTER ROLLS

Friday July 8 10:30

Paul Ashley, a resident of Plymouth will be here to entertain us with his wonderful singing and guitar playing. This will be followed at 11:30 with a lobster roll, chips, cole slaw and a glass of iced tea. All this for only \$8.00! Please call the Senior Center at 508.255.6164 to reserve your spot.

Friday August 12

11:00 am

We are going to do it again on August 12th. This time the entertainment is a local talent, Julie Wanamaker on the guitar and vocals. If you haven't heard Julie, you are in for a treat. After her performance ends at 12:00, the lobster rolls and other fixings will be served. Again, it's only \$ 8.00. Call ahead for a reservation.

A HELEN PETERSON PUZZLE

*Helen Peterson is taking a break from "Puzzling".
Here is a puzzle that appeared in May of 1998...*

Directions: Fill in the blanks with three words, each containing the same five letters in different order. Answers will be in the next issue, or may be called in for instant verification.

Tinsel Town

Twinkle, Twinkle little starlet,
vamping every knave and varlet.
How she _____ her share of dealings,
doesn't _____ her victim's feelings.
Oscar lost, she _____ ambition,
and settles for a politician.

The solution to last issue's puzzle titled **The Prissy Pooch** is: There once was a dog with paws very busy./ As he tried to smite dust mites on his bed./ Many times he rolled over 'til he was quite dizzy./ Now he sends out his sheets to be laundered instead. The following people called in the correct answers: Roberta Kelleher, Henriette Camp, Kaye Richardson, Jean and Edna Ehret, Bob Engle, Mary Alice Cadmus, Dilys Smith, Don Larson, and Jean Snow.

EXERCISE in BED?

Janet Reinhart, Exercise Instructor

If you get leg cramps at night, restless leg syndrome, or are recovering from an injury, these stretching & toning exercises may help.

1. Lying on back, bring right knee to chest, straighten left leg, hold and breathe for 10 seconds. Repeat on opposite side. Do 3 times each side.

2. On back, bend knees; rock them side to side 6-10 times.

3. On back, hold legs up, point & flex feet & ankles; then circle both directions - 10 times.

4. On back, bend left knee, raise straight right leg up, reach towards it with opposite hand. 8 times each side - 2 sets.

5. Squeeze buttocks tight & hard, then release, 5 times. Then squeeze & tighten whole body, every muscle around every bone, 5 times. Release and relax.

6. Leg extensions - Put pillows under knees (height depends upon you) to create slight bend. Then extend knee straight 12- 16 times each side.

7. Hip lifts. Bend knees - arms at side - press hips up towards ceiling. Be careful of your back and neck. Pull navel in. Press up through hips evenly to strengthen.

As always, consult with your doctor before exercising.

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OUTREACH CORNER NEWS

Cindy Dunham, LPN 508.240.2327
Joann Armstrong 508.240.5966

Summer is here!!

Wow, what an amazing transition! The wonderful warm weather is upon us! Not only is it warm, we have longer days with abundant daylight. For some it's time to head down to one of our many beaches, for others, a nice summertime treat is to sit beneath a tree and read! Summer picnics and cookouts are a lot of fun too!

However you choose to spend these beautiful warm days, I'm sure it will be great! As you are enjoying the summer, we here at the Senior Center would like you to ponder the following so that you might fully embrace this lovely season. Wishing everyone a very safe and happy summer! Hope to also see you at the Center to partake of the plethora of activity.

Things to Remember

1) Always hydrate yourself! Drink plenty of fluids, especially water, as the warm and hot weather robs us of our supply!

2) Try to eat small, light meals inclusive of fresh fruits and vegetables. Perhaps a cold pasta salad with some tuna or chicken or a nice Chef Salad might just satisfy you.

3) Try to dress lightly. Overdressing can not only make one feel hot, but in turn you will perspire more and thus lose more essential fluids.

4) One thing quite important to remember is that when we go outside in the daytime, we should be wearing sunscreen. Many people have said in the past that they don't need it, only to find out years later that they have skin cancer! Don't let it be you!

We ask you all to remember that we in Outreach are available Monday through Friday, (excluding holidays). We are here to try and help you handle situations that seem insurmountable, as well as regular every day issues. You may call the above phone numbers or the main office with any questions you may have. We'll help arrange a worker to come to your home, make a home visit, fill your medication boxes, and so much more.

UPCOMING PROGRAMS & EVENTS

July 15 12:00 noon Potluck luncheon

Please bring light summer recipes (food). The meal will be followed by a movie at 1pm which is *Beach Blanket Bingo* starring Frankie Avalon & Annette Funicello.

July 22 11:00 am Discussion and Luncheon

Susan Rourke from Comfort Keepers will present "Bringing Care Services Home: A Guide to Healthy Aging". She will also provide deli sandwiches, chips, fruit, iced tea and dessert.

July 29 11:00 am Veterans Administration

Ed Merigan from the Veterans Administration will speak about Veteran's benefits. Come with your questions so that Ed may better help you!

August 5 11:00 am Nutrition

Paula Sperry will speak on the subject of nutrition.

August 26 12 noon Potluck Luncheon

The luncheon will be followed by the movie *Bull Durham* starring Kevin Costner.

*** The "Stress Management" group will not be meeting during the summer months. Information on when it will resume will be in the next newsletter.

CAREGIVER'S GROUP

2nd Tuesday of the month 10:30-12:00

July 12 and August 9

Are you a Caregiver of a loved one or friend? Do you sometimes feel "this is just too much", "I'm not sure if I'm doing this right". Our staff is well aware of this huge undertaking. We would like you to have the "tools" to deal with your unique situation involving a loved one diagnosed with Alzheimer's disease. This group is facilitated by Alzheimer's Services of Cape Cod & the Islands. In addition, there will be a meeting held simultaneously for the "Newly Diagnosed". This is a means to ask questions about the "road ahead"! Remember, a problem shared, is a problem half solved! It would be great if you called the Senior Center to let us know if you plan to attend. It is important to know how many will be coming so that we might have an adequate supply of materials for all.

BLOOD PRESSURE CLINIC

2nd & 4th Thursdays 10:00 am - 11:00 am

July 14th and 28th August 11th and 25th

If you need your blood pressure taken more often, or at a different time, please call Cindy Dunham LPN at 508.240.2327

PARKINSON'S EXERCISE GROUP

Tuesdays 10:30-12:00

July 5, 19, 26

August 2, 16, 23, 30

This wonderful group is facilitated by Jane McDonald & Gail Glanville. It's such an exciting group fueled by Jane & Gail's enthusiasm as well as great music! We do hope you'll join us! The following dates are exclusive of the 2nd Tuesday of the month when they do not meet here.

FREE MOVIE FRIDAYS

The Senior Center is pleased to present the following movies for your viewing pleasure:

July 1 *Forrest Gump* Tom Hanks
July 15 *Beach Blanket Bingo* Frankie Avalon
July 22 *You Again* Jamie Curtis & Betty White
July 29 *The King's Speech* Colin Furth
August 5 *Bye Bye Birdie* Dick Van Dyke
August 12 *Grease* John Travolta
August 19 *Gypsy* Natalie Wood
August 26 *Bull Durham* Kevin Costner

Service work for your neighbor...

There are many opportunities to be of service to your fellow human beings right here in your own "backyard". Did you know that there are many people who really would love to enjoy the Cape as they once had, but can not as they are not able to drive? A simple, yet wonderful thing one may do is bring someone to watch a sunset at the bay, perhaps go to Rock Harbor to see what the daily catch looks like, maybe a ride through Nickerson State Park....Oh, the possibilities! Some folks prefer not to go out, or can not go out. They like a visit every now and then. Maybe you could have a cup of tea or coffee with them, a card game, a board game, or just simply talk with them.

Other opportunities include, but are not limited to: driving someone to a Doctor's appointment, picking up their medications, covering the front desk...the possibilities for that warm feeling of having been there for someone are endless!! Please come in to let us know if you wish to participate in any of these volunteer opportunities!!

NEIGHBORHOOD WATCH

The next meeting of the Neighborhood Watch group is September 6, 2011 at 10:00 am at the Eastham Town Hall – Earle Mountain room. There are a number of areas in Town that are not currently served by a Block Captain. With the rise in crime throughout the Cape, we must be vigilant in taking care of our neighborhoods. Please join us for an informative discussion and camaraderie.

Larry DiBona and Dot Reid are in their office at the Senior Center every Monday from 9:00 until noon. Please join them for questions about the program.



MEDICARE FRAUD AND ABUSE

Sonja Brewer, Regional Director, Cape & Islands
SHINE Program

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on these statements (MSN or EOB), contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare: 1-800-633-4227.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

The SHINE Program (Serving the Health Information Needs of Elders) is a statewide program that provides free confidential counseling on all aspects of health insurance for Medicare beneficiaries of all ages and their caregivers. Call your local Senior Center and ask for an appointment with a Certified SHINE Counselor.

TRAVEL EXPERIENCES SPONSORED BY THE FRIENDS OF THE EASTHAM COUNCIL ON AGING, INC.

Day & Overnight Trips

July 4, 2011	Turn-around cruise - USS Constitution	\$123
July 17, 2011	Tanglewood - Boston Pops	\$75
July 29, 2011	Cirque de Soliel – Providence	\$110
August 16, 2011	Block Island	\$119
August 21, 2011	Canal Jazz Cruise	\$95
Sept. 5-8, 2011	Red Sox in Toronto & Niagara Falls	\$699/person, double occupancy
October 21, 2011	Haunted Salem	\$115
Oct. 25-28, 2011	Chateau Frontenac & Quebec City	\$625/person, double occupancy

Advance Notice: Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park and the Grand Tetons - **June 8 to 15, 2012**. Double \$2,169, includes air from Logan, air taxes and fees, insurance and hotel transfers, 7 breakfasts and 4 dinners.

Fliers are available at the Travel Information Center in the large hall at the Senior Center. For more information and reservations, call Jeannette Marcucci at 508.240.1354. Early booking is recommended.

Extended and Overseas Trips

October 3-11, 2011	The Best of Ireland featuring Ring of Kerry, Dingle Peninsula, Cliffs of Moher, Killarney, Blarney, Waterford, Dublin, Galway and so much more. \$1949 (plus air taxes and fees). Includes airfare, lodging, all breakfasts, and 6 dinners.
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For more information and reservations, call Trudy Novotny at 508.255.0513 for details and reservations. If paying by credit card, there will be an extra charge.

It is time once again to show your support for The Friends of the Eastham Council on Aging, Inc. with your membership renewal. This organization provides needed financial support to the Senior Center throughout the year.

F.E.C.O.A. MEMBERSHIP APPLICATION JULY 1, 2011 - JUNE 30, 2012 (F12)
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NAME(S) _____

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$_____

___new ___renewal

_____ ☐ \$5/PP (annual) or ☐ \$25/PP (lifetime) \$_____

___new ___renewal

Donation \$_____

MAKE CHECKS PAYABLE TO: FECOA **TOTAL** \$_____

FOR OFFICE USE ONLY ___card given/sent ___cash/check#_____ check date_____ ___Access input

MAILING ADDRESS _____

HOME ADDRESS _____

TELEPHONE _____

EMAIL _____

Weekenders

A supportive day program on the weekend at the Orleans Senior Center!

The collaborative effort of the Councils on Aging in Brewster, Eastham, and Orleans AND grant funding from CHNA 27 (Community Health Network of Agencies) has made this possible.

The program on Saturday and Sunday from 10:00–2:00 pm will provide the same level of service as the weekly programs in Eastham and Orleans. Luncheon will be served. The cost is \$40/day.

Call the Senior Center at 508.255.6164 to sign up.



The address label on this newsletter indicates when your FECOA membership expires. If it says LF you are a life member. If it says FY11 or earlier, your membership has expired. The new fiscal year FY12 begins July 1, 2011. Please renew your membership at your earliest convenience.

The Friends of the Eastham Council on Aging, Inc.
Eastham Council on Aging
Box 1203
North Eastham, MA 02651

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